



RISE WELLNESS

YOGA • MASSAGE • COMMUNITY



[www.riseyoga.com](http://www.riseyoga.com)

## Rise Yoga Studio

Schedule Online

Massage

Reiki

Yoga

Hello!

## Open House

You can't imagine the resistance that I felt about hosting an Open House. I think that I have an issue with perfectionism, and I want everything to be just right before guests come over. Can you relate?



Anne Stausbol, a voice of reason, told me that it doesn't matter what I do. I basically just need to be myself. Too bad that I don't always practice what I preach because this is the same thing that I said to Aria when she first started working at the studio. She wanted to know if there was anything that she could do to support the studio's needs overall. I said, "Just get to know the students. Just be yourself."

Is it truly enough to just show up as oneself each day? Can it be as simple as that? Can we show up in all of our glory, and disarray, and happiness, and struggle? "Masking" (pretending) is so much easier than showing up genuinely. I'm with large groups of people all day long, yet the nervousness is always there, so I put on the mask.

If you are an introvert like me, please sit on one of our comfy couches at the studio, and don't feel pressure to say anything or do anything. Sometimes it's enough to simply drink in the ambiance... If you are an extrovert, however, rest assured that there are plenty of instructors who ARE masters of the social realm that you can speak with--Cindy, Kathi, Kim, and Lucy, for example. Just come as you are. It's as simple as that.

## Open House

**Date:** This Sunday, June 11th

**Time:** 10:00a.m to 1:00p.m.

**Hosts:** Aimee, Lucy, Aria, and Steve

**Where:** In person at Rise Yoga

**Cost:** Free

In addition to the great conversation and the comfortable come-as-you-are vibe, **Kim will kick off the event with a free Sunday Hatha class (10:00-11:15).** Then the eating and socializing begin: We will have tasty Vegan dishes provided by Instructor Maggie, and a simple little raffle where you can earn a ticket by filling out a survey. There will also be discounts on class cards. Stay for the entire time, or just drop in to say hi!

Much love to all of you (as usual),  
Aimee

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## Upcoming Workshops and Events

### Reiki Share

**Date:** June 25th

**Time:** 5:00 - 7:30 p.m.

**With:** Danielle Kenna

**Where:** In person

**Cost:** \$40



Danielle Kenna is a powerful Reiki Master Teacher who knows how to channel healing like no other. There is nothing like the collective healing experience of a group of practitioners bringing their mastery to a group.

The workshop will be divided into two parts: **Energy practitioners will participate from 5:00 - 7:30, and people receiving Reiki will join us from 6:30 - 7:30.** Please experience the magic of energy healing for the first time with us!

## **Yoga Nidra Experience**

**Date:** July 25th

**Time:** 5:00 - 7:30 p.m.

**With:** Jill Westin

**Where:** In person

**Cost:** \$40

Jill is a seasoned instructor of the practice of Yoga Nidra. If you have never practiced this form of yoga before, it's very relaxing, restorative, and meditative, and it takes your physical body into the deepest state of healing--to a state more restorative than the deepest sleep.

## **Women's Talking Circle**

**Start date:** July 5th

**Time:** Wednesdays from 6:00 - 7:15 for 8 consecutive weeks

**With:** Rachel Mapenzi and Aria Palmer

**Where:** In person

**Cost:** \$240

Our very own Dr. Rachel Mapenzi, PhD., and Aria Palmer, CMT, will facilitate an in-person women's talking circle this summer. Rachel has her own therapy private practice and loves empowering women. Aria has her own energy practice and loves helping facilitate inner peace. The purpose of the group is to provide a supportive and safe environment to encourage healing and growth. The women's talking circle will be held on Wednesdays at 6:00pm starting July 5th for 8 consecutive weeks (with options for renewal). Feel free to contact Aria directly for more information ([aria@riseyoga.com](mailto:aria@riseyoga.com)).

## **Sound Healing Concert**

**Date:** Saturday, June 17th

**Time:** 3:30 - 5:00

**With:** Lucy Fong and Aimee Meyer

**Where:** In person

**Cost:** \$40

It's that time again! Lucy will take out her gong, chimes, and bowls for her Summer Solstice Sound Healing Concert. We hope to see you there!

## **Intermediate Yoga Studies: Hindu Gods & Goddesses**

**Start Date:** Sunday, September 17th

**Duration:** 7 consecutive Sundays (2 ceremonies + 5 lectures)

**Time:** 4:00 - 5:15

**With:** Divya Sen

**Where:** In person and online by request

**Cost:** \$320 (*If you're interested in a payment plan, please contact*



**Lucy at [lucy@riseyoga.com](mailto:lucy@riseyoga.com))**

**Early-bird special: \$280 (payment due by August 1st)**

During this series of lectures, Divya will help us understand the importance of the Hindu deities--what they symbolize, and the practices that honor them. Our studies will include Ganesh, Shiva, Parvati, Brahma, Saraswati, Vishnu, Lakshmi, Hanuman, Bhudevi (Mother Earth), and Durga and/or Kali (Ultimate Mother Goddess).

We will also create our own personal meditation mala and learn about the Guru. In addition, Divya will invite us into her family's home for two fire ceremonies which will initiate and close the course. A traditional offering and traditional Hindu meal will be provided after the two fire ceremonies.

This experience will surely enrich your yoga practice and your understanding of the roots of yoga. We feel honored to have Divya share her knowledge and practices with all of us. This is a first-time offering at Rise, and it is something that you won't want to miss!

***Please sign up for these special offerings at [riseyoga.com](http://riseyoga.com)***

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### **The International Day of Yoga is on Wednesday, June 21st.**

Please enjoy a free yoga class of your choice during this week to celebrate the day and to usher in the first official week of summer. Just mention it to Aria, or to whomever is doing check in for your class.

### **Join Kim for a special Sunday Hatha Class in honor of Father's Day, Sunday, June 18th, from 10:00 - 11:15.**

We encourage you to bring a loved one to the practice free of charge. Let's honor one of the people in your life who has helped you grow and thrive and helped you to become the person that you are today. Kim will provide snacks and drinks after class. Thank you, Kim!

Don't forget to drop by the **Elks Club Farmers' Market** on 6/10 and 6/24. These are the last two dates until next Spring for us! (*The Farmers' Market is located on the corner of Riverside and Florin.*)

We're going to be a part of the **4th of July Pocket Parade** this year. If you'd like to participate in the planning or in the procession, please let Aimee know and she'll supply you with the details. ([aimee@riseyoga.com](mailto:aimee@riseyoga.com)). It should be a lot of fun!

Join Maggie for **Summer Yoga in the Park** on the third Saturday of each month from June through September (6/17, 7/15, 8/19, and 9/16) at Garcia Bend Park, at the corner of Windbridge and Pocket Road. These classes are free of charge. You can just show up, and bring a friend or two!

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## Please Welcome Johanna Baldino to the Rise Family!

After over a decade of practice, Johanna has been trained in many styles of yoga. She became a certified yoga instructor on the island of Nusa Lembongan off the coast of Bali, Indonesia, at the Yoga Bliss Yoga Shala. She is extremely passionate about all forms of yoga, wellness, and meditation. Yoga is something that she lives and breathes every day, and she is excited to share that love for this practice with all of us.



Beginning on July 10th, Johanna will launch an Ashtanga/Yin class on Monday mornings from 9 a.m. - 10:30. The first part of class will spotlight a section of the Ashtanga Primary Series. The second part will consist of long, deep stretches, meditation, and contemplation. Ashtanga's Primary Series follows a set sequence of 75 poses, and Johanna's goal is to help you to build your strength, flexibility, confidence, and ease in your yoga practice.

You'll also see Johanna taking classes at Rise, subbing classes, and doing check in as well. She's the one with the beautiful hair, the shiny smile, and the amazingly positive attitude! We're glad that you're with us, Johanna!

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## Recipe for Wellness

*By Bryan Mapenzi, Holistic Health and Wellness Coach*

As the long, hot days of summer are upon us, we all look to find more opportunities to be refreshed. Whether it be through swimming, tubing on the river, or going up into the mountains for a cooler climate, seeking respite from the 100+ temperatures is often much needed. One of the ways that I do this is by making smoothies.



Here is one of my current favorites:

## Ingredients

- 8 oz. oat milk or water
- 1 1/2 cups of fresh spinach
- 2 cups of frozen fruit
- 1/2 cup of quick oats
- 3 Tbsp of chia seeds
- 1 scoop of Orgain organic protein powder (blue top)
- 1 tsp. of Amazing Grass supergreens powder
- 1/2 tsp. Ujido matcha powder
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground turmeric
- 1/2 tsp. ground ginger

## Directions

1. Before blending, soak 3 tablespoons of chia seeds for 5-10 minutes in 6-8 ounces of water; (I tend to soak these in the blender, prior to adding the additional ingredients).
2. While chia seeds are soaking, add protein powder, turmeric, cinnamon, matcha powder, ginger, greens powder, and quick oats to a bowl; whisk so that they can lightly mix. Once finished, add to the blender.
3. Once time has elapsed, blend the chia seeds, seasonings, and powders.
4. Place your fresh spinach and frozen fruit in the blender on top of the blended spices and powders.
5. Add oat milk or water to the mix and blend again.
6. Add more water to get the proper consistency for your smoothie/drink.
7. Enjoy!

Once you have the ingredients, this smoothie is quick and easy to make, and it will give you enough for 2-3 sizable cups to sip throughout the day. Additionally, it is packed with nutrients! From the anti-inflammatory effects of turmeric and ginger, to the blood sugar control of cinnamon, and the promotion of healthy cholesterol with matcha, this smoothie will have your energy and body thanking you in no time.

\*Play around with the amounts of key ingredients to see what works best for you. A lot of trial and error went into the creation of this, so be sure to find out what flows for you!





## Leaning In

*by Amy Pogue*

As we enter into our third summer of unprecedented times, and with warm and lazy summer days upon us, it may be the perfect

time to take a deep dive into the most important relationship we have-- the one with ourselves.

Our emotional well-being has been put to the test in recent years, and while I can't speak for everyone, I certainly need to take a moment to check in and care for my emotional state.

This journey prompted me to take stock of the different emotions I have run through over the years, and I discovered a tangled mess of intertwined feelings that would need to be separated before I could move forward. I opted to examine each feeling as a separate space to unpack, and I wanted to start with an emotion that can be quite unpopular to investigate—Fear.

Fear generally prompts an avoidance response: we run or we fight. I know I assumed those were the only options available when the panicky tendrils of “being afraid” would creep into awareness throughout my life. I either ran from looking at my fear, or I wanted to shove it away and eject it as if it never happened. Fear was something to be rid of as soon as possible, not something to lean into. We don't treat fear with the same tenderness as sadness, and we certainly don't embrace it like joy.

So, I began to take daily, tiny, small, little steps to lean into the sensation of fear. I made sure I was in an absolutely safe space, and instead of looking at what I might be afraid of, I cherished the emotion of fear itself. I leaned into my body's ability to send warning signs and instead of trying to rush through what they might be, I allowed myself to safely feel and cherish this emotion. If I felt it get too big, I would back away slowly and start another day.

I did not rush to solve or run away, and, in doing so, I began to mindfully hear what the fear had to say. Leaning into the fear allowed me to change the nature of my relationship with it. I could listen to the warnings without panic and reflect on the message.

It is a slow process, that takes patience and time, and the reward is worth the wait. I am able to better accept, adapt and incorporate the lessons fear has to teach me without judgment or anger, and I'm

beginning to feel a sense of peace that has eluded me for many years.

Maybe take a moment yourself to safely connect with individual emotions--it's an important and valuable practice.

*If you'd like your "yoga" voice to be featured in our newsletter, please contact [aimee@riseyoga.com](mailto:aimee@riseyoga.com).*

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## Mark Your Calendars - Details at [Rise Wellness](#)

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### Rise Book Club

7:30 pm - 9:00 pm -- Meets at Rise Yoga

June 5th, 2023 (this evening)

*Grey Bees*

by Andrey Kurkov

July 10th

*The Personal Librarian*

by Marie Benedict

August 7th

*Less is Lost*

by Andrew Sean Greer

September 10th\*

*A Fever in the Heartland*

by Timothy Egan

October 2nd

*The Boy, the Mole, The Fox and the Horse*

by Charlie Macesy

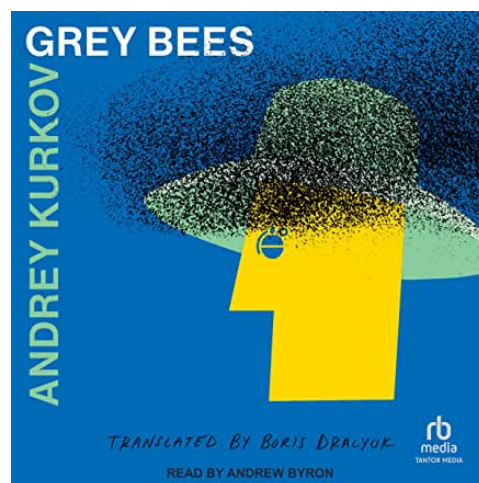
November 6th

*Kindred*

by Octavia Butler

*\*A week later due to Memorial Day*

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Please continue to believe in yourselves!

With Gratitude,  
The Rise Yoga Staff

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**Yoga | Qigong | Massage | Energy | Yoga Therapy | Teacher Training**

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